



The Journal

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Uniform change

Don't forget! All Navy personnel in the Naval District Washington region are expected to make the seasonal uniform change from summer whites to winter blues on Monday, Oct. 7.

NNMC welcomes new Commander

NNMC Public Affairs

Rear Adm. Donald Arthur will assume the title of Commander, National Naval Medical Center, tomorrow during a change of command ceremony beginning at 9 a.m. in front of the Bldg. 1 tower. Arthur will relieve Rear Adm. Kathleen Martin, who has been the hospital's commander since October 1999.

Incidentally, Martin takes over for Arthur in a change of office ceremony today, and becomes the Deputy Surgeon General of the Navy at the Bureau of Medicine and Surgery in Washington, DC.

Arthur entered naval service in 1974 and holds a Doctor of Medicine degree, a Ph.D. in Health Care Management, and a degree in law. After a surgical internship, he consecutively completed both Navy operational curricula in flight surgery and undersea medicine. His additional operational qualifications include Surface Warfare Medical Department Officer, Saturation Diving Medical Officer, Hyperbaric (Recompression) Facility Operator, Radiation Health Officer, Navy and Marine Corps parachutist and jumpmaster, and he is qualified in submarines.

His naval service includes research in mixed gas saturation diving and cold weather medicine. He served two years in the Philippines as both a flight surgeon and diving medical officer followed by duty as senior medical officer on *USS Kitty Hawk* (CV-63). He completed his residency

in emergency medicine followed by a tour as a staff emergency medicine specialist and Head of the Emergency Medicine Division at Naval Hospital San Diego. At the Naval Aerospace Medical Institute, he was Head of the Special Projects Division.

Following deployment to Southwest Asia with the 2nd Medical Battalion in support of the Marine Corps during Desert Shield/Storm, he served as Director of Medical Programs for the

their delegate to the American Medical Association.

Arthur has been awarded three Legions of Merit, three Meritorious Service Medals, three Navy Commendation Medals, and a Navy Achievement Medal in addition to numerous unit, service, and campaign awards.

A native of Arnold, Pa., Martin graduated from Boston University and was commissioned an Ensign in May

1973, while in the Nurse Corps candidate program. She attended the University of San Diego, earning a Master of Science degree in both nursing administration and as a family health nurse specialist.

Martin assumed her first command in 1993 as Commanding Officer of Naval Medical Clinic, Port Hueneme.

Subsequently, she served as Commanding Officer, Naval Hospital,

Charleston, S.C. Martin was then assigned as the Medical Inspector General, and from August 1998 to August 2001, she held the position as the 19th Director of the Navy Nurse Corps.

Martin has been awarded three Legions of Merit, the Defense Meritorious Service Medal, the Meritorious Service Medal and the Navy Commendation Medal. She is a member of the American College of Healthcare Executives, the American Academy of Ambulatory Care Nursing, the Association of Military Surgeons of the United States and Sigma Theta Tau.



Rear Adm. Donald Arthur will replace Rear Adm. Kathleen Martin as NNMC Commander in a Change of Command ceremony tomorrow.

U.S. Marine Corps at Marine Corps Headquarters. He then served as Deputy Commander of Naval Medical Center, San Diego and, subsequently, as Commanding Officer of Naval Hospital Camp Lejeune, N.C.

Arthur returned to Washington, D.C., as Assistant Chief of the Bureau of Medicine and Surgery (Health Care Operations) and Chief of the Navy Medical Corps.

He attained board certification in Emergency Medicine and Preventive Medicine (Aerospace) and is a Fellow in the American College of Healthcare Executives. He is president of the Aerospace Medical Association and is

Person of the Week

The Journal is for people like HM3 (SW) David Ruane who works as an assistant for the Managed Care Directorate. Ruane joined the Navy in 1998 from Chicago. When he's not working, he spends time with his wife and attends classes to earn a degree in electronics and computer repair. When he gets out of the Navy he plans to pursue a career in this field.



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Commander NNMC

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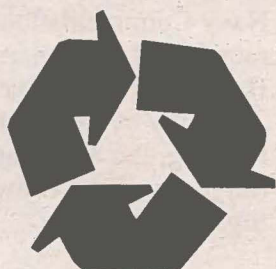
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JO3 Rebecca Horton

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National Fire Prevention Week

The National Naval Medical Center Fire Department, along with other public safety agencies, will participate in "Fire Prevention Week 2002" from Oct. 7 through Oct. 11. The theme of this year's Fire Prevention campaign is "Team Up for Fire Safety."

We need to team up when it comes to fire prevention. Every fire safety team starts with fire fighters. However, they can't do it alone.

Effective fire safety depends on teamwork. Here are three simple but essential safety lessons that everyone can learn:

- Installing and testing smoke alarms
- Practicing home escape plans
- Hunting for home hazards

During this week, we will provide various opportunities for you to receive fire safety training, and questions and answers from the fire prevention personnel. Representatives from other agencies and groups will provide instruction on the operation of portable fire extinguishers. Other related topics include:

- JCAHO, environment of care issues
- Oxygen controls: What is the policy
- Defend in place: What is the policy, do we or don't we evacuate
- Emergency evacuation policy / procedures

• Portable fire extinguishers, location, identification and operation.

• Hands-on training for portable fire extinguishers.

• Identification of fire zones, fire protection and detection equipment and systems in place

• Fire drills

• Emergency phone numbers

The NNMC Fire Department has made special arrangements with outside agencies and groups to provide you and your family information that may save a life. The Washington Hospital Center's Burn Unit, the American Trauma Society, Montgomery County government's "Child Safety Seat Campaign", shall present displays, answer questions and provide literature hand-out materials. We will have a day for installation and inspection of child safety seats in your vehicles.

Schedule of events (in amphitheater from 8:30 a.m. to 2 p.m.)

Mon. JCAHO/Fire Prevention/Fire Extinguishers
Tue. Washington Hosp. Burn Unit/Fire Prevention
Wed. American Trauma Society
Oct. 10 JCAHO/Fire Prevention/Extinguishers
Oct. 11 Child Safety Seat Campaign/JCAHO

Child car seat safety checks

The National Naval Medical Center Fire Department and the Montgomery County Child Safety Passenger Safety Initiative will be hosting a child safety seat check Oct. 11 from 8:30 a.m. to noon in front of Bldg. 10 main entrance. Please call the NNMC Fire Prevention Office to make reservations. Due to time constraints we only have eight slots available.

Each car to be inspected is required to bring the car seat, along with its own installation instructions, as well as the vehicles instructions for the installation of the car seat. The reason for this is the various problems that may arise between some car seats and vehicles designs.

If we cannot accommodate you at this car seat check, the Fire Prevention Office and the Fire Department have certified personnel to assist you with any questions that you may have or if you have a car seat to be installed or inspected, you may call the Fire Prevention Office to arrange a date and time for our personnel to help you.

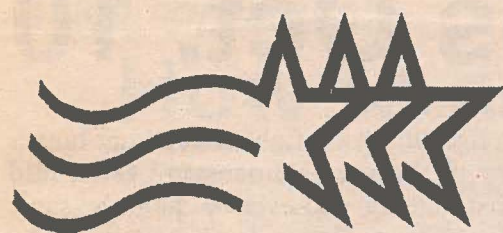
For more information, contact the Fire Prevention Office at (301) 295-5623.

Congratulations to last week's award recipients



Photo by HM3 Kate Castillo

Back row (L-R) Lt. Kristen McGaha, Navy/Marine Corps Achievement Medal; HN Deverson Lima, Navy/Marine Corps Achievement Medal; HM2 Clyde Halcomb, Army Achievement Medal; Lt. Robert O'Brian, Navy/Marine Corps Achievement Medal; Lt. Albert Bainger, Navy/Marine Corps Achievement Medal; Cmdr. William Mea III, Navy/Marine Corps Commendation Medal.
Front row (L-R) HN Tamara Dipman, Navy/Marine Corps Achievement Medal; Patricia Yamada, Civilian Award of Excellence; Nancy Frame, 25 years of service award; Susan Hunter-Haas, Civilian Award of Excellence; Sheila Virgil, Civilian Award of Excellence.



TRICARE NEWS

DoD to try meds by mail for beneficiaries

TRICARE Public Affairs

The Department of Defense (DoD) Military Health System and Department of Veterans Affairs (VA) have joined forces to provide TRICARE beneficiaries with a new pharmacy benefit that delivers prescription refills by mail.

The DoD/VA MTF Refill Mail Service (MRMS), a joint initiative with the VA's Consolidated Mail Outpatient Pharmacy (CMOP) program, is ramping up at three sites - Naval Medical Center, San Diego; Darnall Army Community Hospital, Fort Hood, Texas; and the 377th Medical Group, Kirtland Air Force Base, N.M.

The one-year pilot program is expected to be fully opera-

tional at the three demonstration test sites beginning this month.

"To use the MRMS, beneficiaries must fill their original military or civilian prescription at one of the above military treatment facilities (MTFs) first," said Army Col. Bill Davies, director, DoD pharmacy programs.

"In most cases, beneficiaries at these sites will not have to leave their homes just to refill a prescription. All they have to do is pick up the phone, call the pharmacy that has their original prescription, select the refill by mail option, and CMOP does the rest."

Most prescriptions can be delivered within five to eight days. There are, however, some medications (such as

controlled substances) that may not be available for delivery through CMOP. The refill call-in system at each of three demonstration sites, will inform the beneficiary if their medication is available for mail out under the MRMS pilot program. To eliminate delays processing or delivering refill medications, beneficiaries should check with their MTF to ensure their eligibility status and home address listed in the MTF's Composite Health Care System (CHCS) electronic record are the same as the information listed in Defense Enrollment Eligibility Reporting System (DEERS).

"The VA has more than 40 years of success providing eligible military veterans

refills of prescription medications by mail," said John Ogden, chief consultant, VA pharmacy benefits management group. "The pilot program will test the impact of DoD shifting some of its pharmacy refill workload to various regional CMOP pharmacies operated by the VA," Ogden said.

The MRMS/CMOP is different from the DoD National Mail Order Pharmacy (NMOP) program, which dispenses prescription medications to TRICARE beneficiaries.

Beneficiaries using NMOP pay a copayment for each prescription filled. The DoD/VA CMOP does not require copayments and only involves MTF refills.

"CMOP is an excellent

example of two government agencies working together to provide high quality, cost-effective health care for its beneficiaries. If successful, the pilot program may lead to future expansion to TRICARE beneficiaries worldwide," Davies said.

The telephone numbers for the refill pharmacies at the demonstration sites are as follows:

Darnall Army Community Hospital, Fort Hood Texas, (800) 351-3636 or (254) 288-8911; the Naval Medical Center, San Diego, Calif., 619-532-8414; and the 377th Medical Group, Kirtland AFB, N.M., (505) 846-5770 or (800) 752-7990 (This toll-free refill line accepts calls from the state of New Mexico only).

New TRICARE mail order pharmacy

TRICARE Management Activity Public Affairs

The Department of Defense's TRICARE Management Activity (TMA) awarded Express Scripts, Inc. of Maryland Heights, Mo., a contract to provide mail order pharmacy services for the TRICARE Program. The contract is valued at approximately \$275 million over a five year period.

"DoD learned from the past five-year contract about the benefits and services that are important to beneficiaries," said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

"We have worked to improve benefits and have designed the next generation of TRICARE contracts, including the mail order pharmacy contract, to build on con-

stantly increasing levels of excellence in performance and value. It is our goal, as well as our commitment to our beneficiaries, to ensure they have the best health care available, and we believe this contract will help us meet this goal."

The new TRICARE Mail Order Pharmacy (TMOP) contract will replace the existing National Mail Order Pharmacy (NMOP) contract, which is due to expire at the end of February 2003. The TMOP contract will provide a worldwide, full-service mail order pharmacy program to all TRICARE-eligible beneficiaries and will begin on or about Mar. 1, 2003.

Like the NMOP, the TMOP provides another option for TRICARE beneficiaries to meet their prescription needs in addition to military

and retail pharmacies. All three options for pharmacy services will be monitored by the Pharmacy Data Transaction Service (PDTs), a patient medication record that enhances patient safety.

"The military health system continues to be a leader in quality, convenience and safety in providing pharmacy services," said Army Col. Bill Davies, director, DoD pharmacy programs.

More information about the new TMOP program will be available soon on the TRICARE web site at www.tricare.osd.mil.

Beneficiaries currently using NMOP will receive information about TMOP prior to its start date.

For more news about Navy Medicine, visit their Navy News Stand page www.news.navy.mil/local/mednews.

Prime enrollees now pay

By Ann Ham
DoD TRICARE
Northeast Public Affairs

TRICARE beneficiaries who are already enrolled in TRICARE Prime in the Northeast Region (Region 1) can now pay their enrollment fees online. Sierra Military Health Services, Inc. (SMHS), the region's managed care support contractor, has in place a safe, secure, easy-to-use system to pay fees online by credit card.

"We continue to explore ways to make enrollment in TRICARE easy and convenient for our beneficiaries. The new on-line payment option accomplishes both objectives," said Sierra's Chief Operating Officer, Keith Vander Kolk.

Detailed instructions for filling out the pay online

form are now available on the SMHS web site at <http://www.sierramilitary.com/>. An announcement regarding the new feature, entitled "Convenience at your Fingertips," appears on the first screen when the site opens. You may also click on the enrollment button to access the same information.

Not only is paying online quick and easy, but also the beneficiary can print out a receipt with confirmation that the enrollment fee has been paid.

This online payment option is just one more way to help enrolled Prime beneficiaries assure their payments get to SMHS and their enrollment status remains active. Retired beneficiaries must already be enrolled in Region 1 to use the online payment plan.

Need local info?

The National Naval Medical Center's TRICARE Service Center is located in Bldg. 9 on the first floor. Walk-ins only. For more TRICARE information by phone, contact the Health Benefits Office at (301) 295-5143.

Free depression screenings Oct. 10

By Cindi Beach
NNMC Behavioral Healthcare Clinic

Our nation is still reeling a year after the Sept. 11 terrorist attacks threw shockwaves into our culture and economy. However, the National Naval Medical Center staff and patients, who continue to deal with feelings of sadness, anger, tension, irritability, or who are experiencing flashbacks, difficulty sleeping, or nightmares can seek help and peace of mind. Have a free mental health screening on Main Street Oct. 10 during National Depression Screening Day.

These screenings will be offered by NNMC's Behavioral Healthcare Clinic staff to adults, adolescent and children (with parents completing the screening form) from 8:30 a.m. to 1 p.m.

Behavioral Health is reaching out to those who may be experiencing symptoms of depression, post-traumatic depression, manic-depression, generalized anxiety disorder, and post-traumatic stress disorder. Academic centers in New York indicate that substance abuse and depression have increased in the past year and mental health experts know that post-traumatic stress disorder often occurs several

months, even years, after the initial trauma.

For those who feel the ground is slipping out from under them, emotional help may be needed and no amount of stigma or embarrassment should keep someone from seeking that help. Even those who never suffered from psychological disorders before may find themselves reacting uncharacteristically to the events of this past year.

Common symptoms of depression include feelings of sadness, loss of pleasure in usual activities, feelings of hopelessness, helplessness, and worthlessness, changes in sleep and appetite, loss of energy, restlessness, and thoughts of death or suicide. Manic-depression also includes feelings of euphoria and/or agitation.

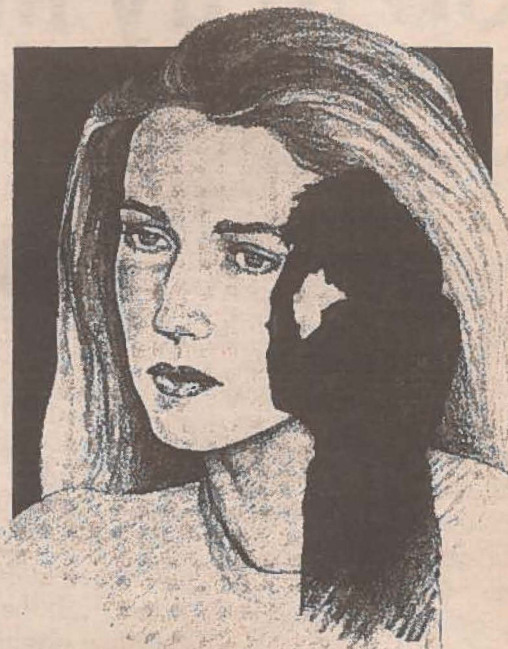
Generalized anxiety disorder involves overwhelming feelings of tension that persist for months unabated, and Post-Traumatic Stress symptoms include nightmares, flashbacks, difficulty concentrating and efforts to avoid thinking about the traumatic event.

Attendees at the free screening will complete a short written screening test. Those who appear to need further evaluation will be given referrals to services.

While this is not the only way to seek help, it is one way for those unsure about what they are feel-

ing to take an easy step.

While we fight the good fight, defend our homeland and try to "return to normal," we should remember that nothing will ever be quite the same again. Maintaining our psychological health is paramount to our success, and our growth as a nation.



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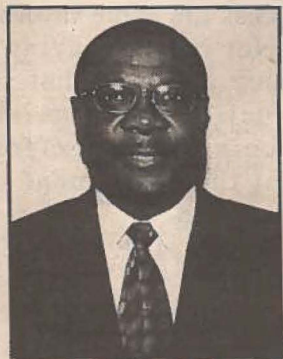
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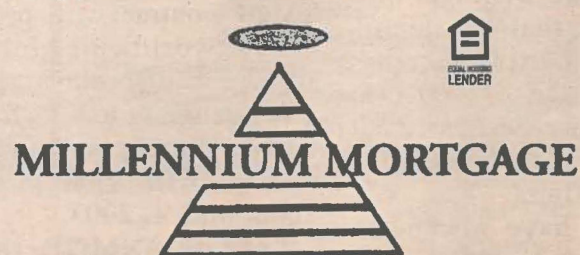
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Ask a corpsman!

How to communicate with anyone

By HM3 Jonathan Holmes

There are hundreds of languages in the world, but a smile speaks them all.

I saw that little saying in a quote the other day and thought, "What a powerful thing to say."

Because, it's true! A smile can speak a thousand words, and needs no translation.

Everyone all over the world knows what a smile means.

What's even more interesting is that smiles are contagious.

I tried an experiment the other day at work. That's right - an unsanctioned, unsolicited, non-authorized study right here at National Naval Medical Center. Don't worry, this study did not have anything to do with the dispensing of medications or therapy. Rather, it was a simple test of observation.

This observation started at the same time as my workday, 7:30 a.m. (funny how that worked out). This study was conducted in an eight-hour work day and ended at about 4 p.m. The times are of little importance. However, you will note that at certain times of the day there were some variances in the data

that was collected.

The objective of this study was to see how effective a smile could be and if, in fact, smiles were contagious. The study I conducted also included a greeting, such as "Hello, good morning; Good afternoon; So on."

Interestingly enough, in the morning session of my study, I found that most people were very receptive to a good morning greeting and a smile. What's even more interesting is that I found most people would return a greeting with the same hello and good morning, smiling the whole time.

So, therefore, I believe that my study would prove in that first instance that smiles are contagious.

Furthermore, smiles have no incubation period. Of course, one could say that the smile is an airborne infectious agent, but I think that it turns into a blood agent once you are infected. Then, invariably, you will conta-

minate others in the same manner. There is no cure for a smile or a greeting, but the side effects are awesome.

So, the study was a success. I learned that smiles are contagious and highly communicable. I also learned that a cheerful greeting can brighten someone's day, especially first thing in the morning.

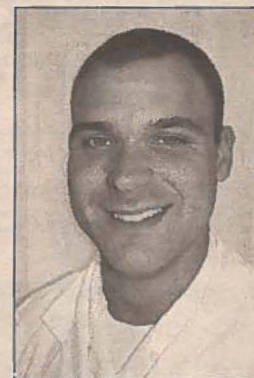
I hope that each and every-

one of you catch this terrific smiling "bug" and go ahead, say "Good morning" to someone or even a "How are you?"

Either one is fine, but they both go a long way to making someone feel a ton better.

Well, there you have it; smiling is therapeutic and has long lasting effects.

I say go ahead, and overdose.



Holmes, an aspiring writer by night, spends his days as a Navy orthopedic technician in NNMC's Podiatry Clinic.

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Chaplain's Corner

Having hope, dispelling despair

Chaplain (Lt.)
Matthew D'Souza
NNMC Pastoral Care

Sometimes we come across people who feel hopelessness in their lives, feelings of abandonment by everyone, including God.



They are tempted to give up and say, "What's the use? Nobody likes me, nobody wants me, nobody trusts me." They feel that it would be better to die than to live and face a life of continuing frustration, hopelessness and defeat. They see no end to the situations that are causing their feelings of worthlessness.

We have numerous examples of people in the Scriptures that felt they had offended God by their human frailty for which they had been repentant, but continued to live a good life, better than many around them. In spite of it all, they felt God seemed to be punishing them by

giving them a burden that was crushing them.

So, in seemingly hopeless-ness, their thoughts are to die rather than to live. But at the same time there are people who are weighed down by the grief of being misunderstood, rejected by those around them.

They are conscious that the One who created them is infinitely wise, loving, compassionate, and forgiving. They know for sure that the infinitely wise and all powerful creator's love towards them has no limit.

The infinitely wise and loving creator has a purpose in permitting them to experience the situations in their life for a good reason. Their limited ability is unable to grasp God's unlimited wisdom and power, but with hope in God they submit to his will.

To better understand the above; let us reflect the relationship between children and their parents. As children begin to grow; on various occasions, they fail to understand the reason why they are told what to do and not to do. On many occasions,

children feel hopeless, rejected, and unwanted.

They are tempted to give up and say: "What's the use? Nobody likes me, nobody trusts me." Then they have recourse to unthinkable actions. Just as a lot of adults react against the all powerful, loving God for their misfortunes and failures, and give in to despair, there are a lot of children that react against their parents, teachers, for their imaginary misfortunes and failures.

They also give in to despair and frustrations. What children ought to remember is, that their parents love them more than they think and that's the reason why they should trust in their advice, guidance, and protection. Parents have the best interest in their children. That's the reason why they rear, feed, shelter, educate and clothe them.

The apparent hardships are temporary compared to the strong foundation that their parents help them to face. They want them to be prepared for the

See CHAPLAIN, Page 7



Chapel Services Schedule

Roman Catholic (Main Chapel)

Daily Mass
Sunday Mass
Confessions

Tuesday-Friday at noon
9 a.m.
Tuesday through Friday
12:30 p.m. after mass

Lay Minister/
Eucharistic services

Monday, noon

Protestant

Sunday Services
Gospel Services

10:30 a.m. Main Chapel
Last Thursday each month
12:30 in the Main Chapel
Wednesday, 6:30 a.m. and noon
(Pastoral Care Room, Bldg. 2)

Bible study

Ethics and
Torah study

Jewish
Tuesday noon in the conference
room on the 10th floor of the tower

Qur'an Study
Jum'ah

Islamic
(5 Center Chapel)
Monday, Noon
Friday, 12:30 p.m.

Eastern Orthodox
Noon Wednesdays, 5 Center Chapel

"Voices of Praise" choir rehearsal
Last Wednesday of the month 12:30 p.m. in the Chapel

The Sacramental Chapel, Bldg. 10, 3 Center, is available for private meditation anytime. All religious services conducted in the Main Chapel are televised in patient rooms on NNMCCCTV Channel 38.

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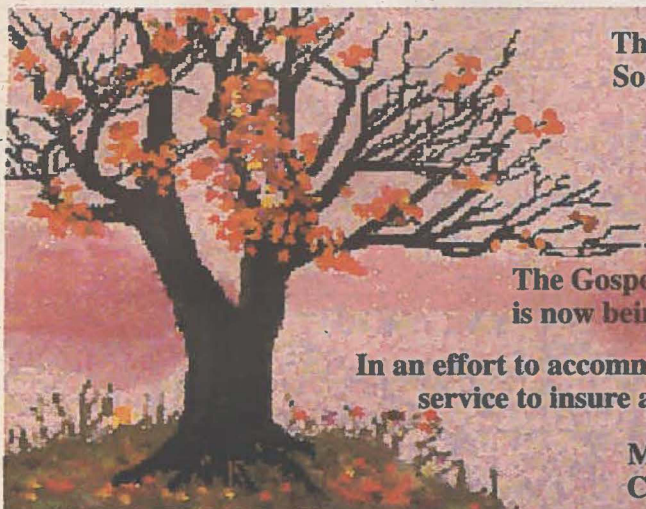
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The Gospel Faith Council will host a lunchtime "Harvest for Souls Revival" during the week of Oct. 28 through Nov. 1.

Chaplain (Lt. Cmdr.) Diane Harper, and other guests, will minister the event, with assistance from worship leader, Mr. Michael Lipscomb and music director, Mr. Kevin Lee.

The Gospel Faith Council is also pleased to announce that a Gospel Service is now being held weekly on Thursdays at 12:30 p.m. in the Main Chapel.

In an effort to accommodate the time restraints of the workday, Chaplain Harper is restructuring service to insure an uplifting worship experience, within a 30 to 45-minute time frame.

Mark your calendars for these upcoming events and call the Chaplain's Office for more information at (301) 295-1510.



CHAPLAIN, from Page 6

uncertain future ahead of them.
Now to go back to our relationship with the infinitely wise and powerful God. It's beyond our ability to judge his wisdom and power, because we'll never be able to comprehend God's plan for our future and lasting happiness.

With our extreme limited ability he has shared with us, God certainly knows of our weakness, limits, and our moments of discouragements and frustrations more than we think; as well as parents know the discouragements and frustrations of their children.

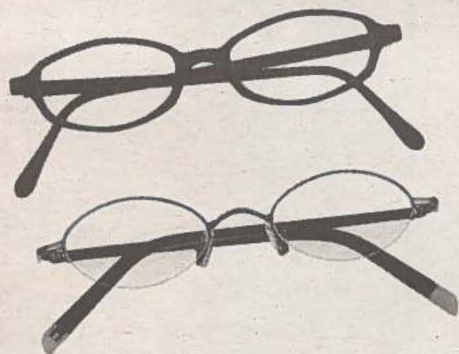
If parents with the limited amount of resources at their disposal can be of help to their children in their

efforts to lay a strong foundation for a uncertain future, how much more God can be of help to all of us without exception in our struggle for an everlasting peace, happiness and joy where there will be no wants, no pains, no struggles ever.

God is approachable at any time of the day or night and he's available to everyone without any distinction of gender, age, caste, creed or national origin. He has an open invitation for everyone and he means what he says, "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

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Bethesda, Maryland

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The National Naval Medical Center Fisher House

You could WIN great door prizes and valuable discounts from
The Merchants of Pentagon Row

Enjoy sumptuous savories, perfect pastries and a variety of beverages.

Tickets are \$30.00 and are available at the NNMC MWR Info Center and
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Located in Pentagon Row at the corner of South Joyce Street and
Army-Navy Drive in Arlington, Virginia

Contact Mr. Albert Harrison (301) 295-5334 for more information

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Multicultural committee ce

Story and photos by
JO2 Ellen Maurer
Journal Editor

The Multicultural Events Committee at the Naval Medical Education and Training Command, or NMETC (formerly known as the Naval School of Health Sciences or NSHS), sponsored a special luncheon Sept. 27 during National Hispanic Heritage Month, Sept. 15 through Oct. 15.

Focusing on the fun — and flavor — of the unique Hispanic culture, singing and dancing demonstrations



(Above) Offering a taste of Hispanic culture - literally - members of NMETC's Multicultural Events Committee serve up spicy meats and flavorful rice dishes to attendees at this year's Hispanic Heritage Month celebration held in the main entrance lobby of Bldg. 10 Sept. 27.

(Right) Moving to a faster beat, HM1 Yusef Miller and HM1 Sonia Jones perform Latin dances for a crowd. Miller, a member of NMETC's Multicultural Events Committee, works in HM/DT commissioning programs at NMETC. Jones, an NNMC staff member, works in the main lab.

(Left) Ms. Shirley Adams and HMC Margie Silva, members of the NMETC choir, sing bilingual songs during a Hispanic Heritage luncheon. HMC Gloria Cardona (not pictured) accompanied the singing on the piano.



celebrates Hispanic heritage

dazzled the crowd as traditional ethnic dishes tantalized their taste buds. Guest speaker, Bureau of Medicine and Surgery Chief of Staff, Rear Adm. Alberto Diaz gave comments about defending Equal Opportunity, in keeping with this year's theme of, "Strength in unity, faith in diversity."

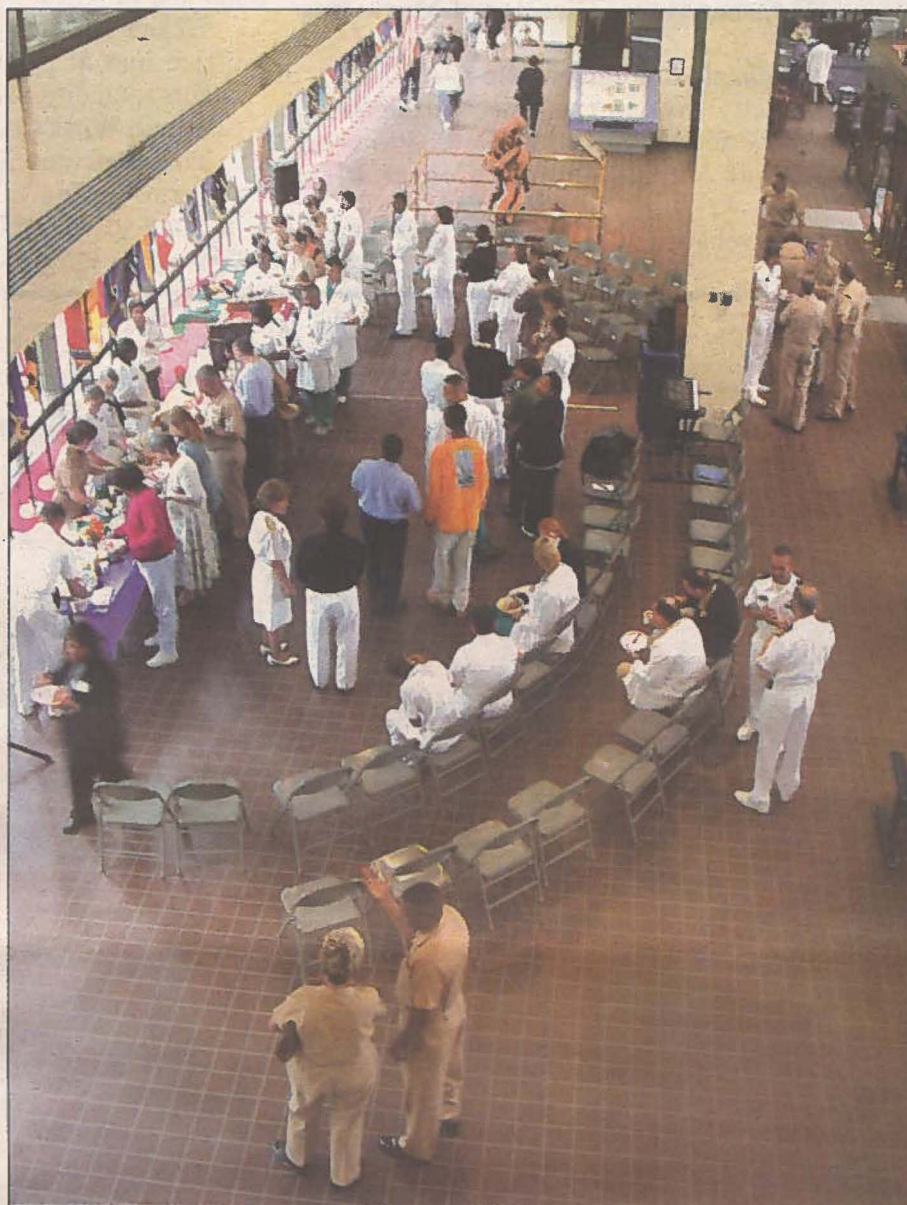
NMETC's new commander, Rear Adm. Nancy Lescavage, also spoke during the luncheon.

"One of the most important things we should do everyday is recognize our diversity," she said. "In my opinion, the world doesn't do enough of that. So, we should set the example."

This is the first multicultural event sponsored by the command since its transformation from NSHS to NMETC in August. The Hispanic Heritage luncheon has been a long-standing tradition at NSHS; one which Multicultural Events Committee members say will continue at NMETC.

The Multicultural Events Committee also sponsors other popular events through the year, including celebrations for Black History Month, Women's History Month, and Native American History Month.

For more information about the committee, contact HMC James Holmes at (301) 295-5315.



(Right) Groups of patients and staff members gathered in the lobby of Bldg. 10 to celebrate Hispanic heritage during a luncheon Sept. 27 sponsored by the Naval Medical Education and Training Command (NMETC)'s Multicultural Events Committee.

(Below) Ensign Nigel Carr, an NMETC staff member, presents Chaplain (Cmdr.) Enoch Siegel with a command plaque during the Hispanic Heritage luncheon, thanking him for all of his time and effort as the main supporting chaplain for their command.



Fashion show to benefit NNMC Fisher Houses

Deanna Wharwood
NNMC Fisher House Director of Marketing

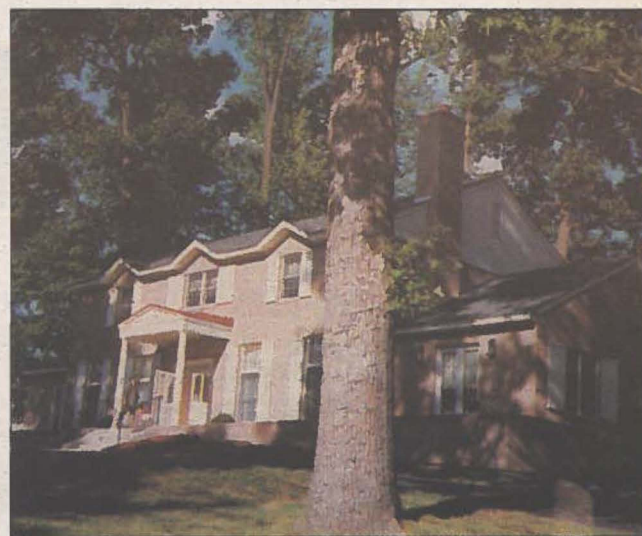
The Merchants of Pentagon Row, a property of Federal Realty Investment Trust will sponsor a fashion show and afternoon tea Nov. 2 to benefit the National Naval Medical Center Fisher Houses.

Select merchants will feature fall and winter

fashions and accessories to military VIPs, personnel and families.

Tickets are now available at the NNMC ticket office and at participating Pentagon Row merchants including; A Visual Affair, Hallmark, Right Start and What's In.

Ticket prices are \$30 each and include the Afternoon Tea. Ticket sale proceeds will be donated to the NNMC Fisher Houses to assist in continuing their operations.



Since opening late last year, Pentagon Row has truly become an integral part of the community serving the surrounding neighborhoods as well as two military installations close to the Pentagon," stated Allyson Sears, marketing manager for Federal Realty Investment Trust. "It is through events such as these for Fisher House that we can show our support for the community and our appreciation for America's military."

The NNMC Fisher Houses are located at the National Naval Medical Center in Bethesda, Md. Due to the types of specialized care that are available at NNMC, these Fisher Houses are some of the busiest and has a 97 percent occupancy rate throughout the year. NNMC Fisher House families come from military facilities all over Europe and from up and down the Eastern Seaboard.

While the patient is being treated at the hospital, the Fisher Houses allow the family, who may be a great distance from home, to stay in a comfortable environment, close to the patient. The house allows for the entire immediate family to stay together, thus helping to keep the family strong through times of crisis.

Also, the Fisher Houses helps in reducing costs as the room rates are far more reasonable than those of a local hotel while providing families with the amenities of a fully equipped kitchen, laundry room, and outdoor play areas for children.

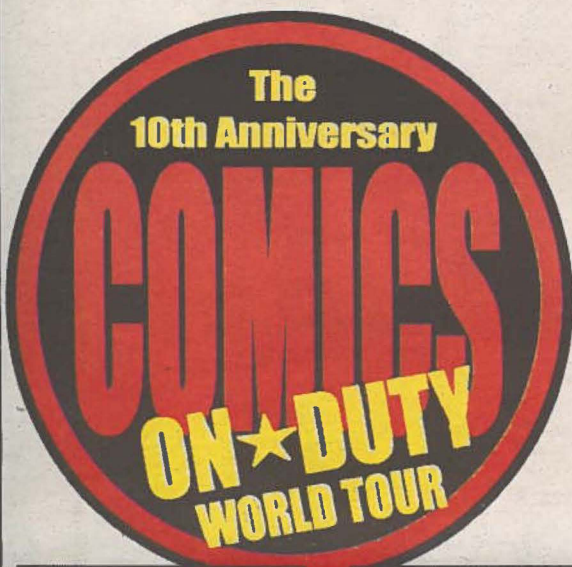
"We were very excited when we heard that we had been chosen as the benefactor of this event, says Mr. Albert Harrison, manager of the NNMC Fisher Houses. "We truly hope that everyone will come and support us. They are being treated to a very nice afternoon."

The festivities for the day will begin with a fashion show displaying the new fall and winter fashions available at Pentagon Row. Upon the conclusion of the fashion show, guests will enjoy delicious savories, sandwiches, pastries, and breads in the style of a traditional English afternoon tea. Tea and coffee will be included in the ticket prices, while other beverages will be available for a nominal fee.

Programs from the event will be redeemable for valuable discounts for people who present the program at the time of purchase at Pentagon Row.

Merchants at Pentagon Row have contributed gifts towards this project. These items will be given as door prizes to people who attend the fashion show and hold winning tickets.

Ticket sale proceeds will be given to the NNMC Fisher House to assist them to continue their operations, providing emergency shelter to the families of sick and wounded Sailors, airmen, soldiers and Marines.



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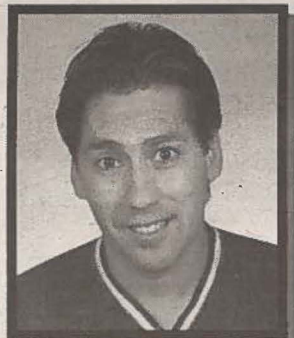
STEVE BILLS

Steve Bills joined the Comics On Duty Tour team in 1999 as the official Host/Road Manager. Coupled with his extensive experience in the college and club scene, Steve has added Tour management to his list of credentials. He is a favorite in clubs across the country play strongholds such as Zanies, The Comedy Stop, Hilarities and The Improv. You may have seen Steve on Friday Night Videos or seen one of his appearances at clubs and concerts around the country. Steve has opened for David Brenner, Rodney Dangerfield, Pauly Shore and several other national acts. Sit back and relax, Steve Bills is in command!



KEVIN JORDAN

Kevin's blend of high energy and lovable charm make him a favorite wherever he performs. His stories about his Police Days, his family, and his views on life, such as: "If a woman gets an engagement ring, then men should get an engagement Big Screen TV!" strike a chord with audiences everywhere. Kevin has performed over 200 shows for military audiences around the world. Some of Kevin's credits include appearances on The Today Show, Evening at the Improv, VH-1, MTV, Comedy Central, Comic Strip Live and numerous other network and cable shows.



DANNY VILLALPANDO

Danny Villalpando brings a new look at the meaning of live, with sharp observations about family, friends and relationships. Danny has appeared on several network and cable TV shows including: NBC's Friday Night, ABC's Funny is Funny, Make me Laugh, Comedy Central's Comedy Compadres. In addition to his numerous television appearances, Danny is also a regular on radio stations such as KTLA in Los Angeles. A veteran of hundreds of military shows through the Comics On Duty World Tour and USO, Danny has appeared for worldwide audiences and pleases them every time. Enjoy!



ROCKY LAPORTE

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Special Thanks to Nestlé for making this show FREE for all to enjoy! Doors open at 6:30 p.m.

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Places to go, things to do

Fitness Challenge Oct. 16

Meet in the Comfort Zone at 12:30 p.m. Can you make the 1.5 mile treadmill climb? We'll choose the incline but you choose the speed: walk, run jog or try a combination. Bring a friend to make things interesting or just have fun with other "climbers."

Swim Challenge Oct. 17

Meet at the CZC pool at 6 p.m. All swimmers are invited.

Nutrition Workshop Oct. 17 and Oct. 31

Meet in the Comfort Zone Complex lobby at 3 p.m. Get all the latest news on your nutrition. Topic: "The New Dietary Guidelines form the

National Academy of Sciences."

Call (301) 295-2450 for more information.

Fitness Workshop Oct. 21 and Oct. 23

Meet in the Comfort Zone Complex stretching area at noon. Register by calling (301) 295-2450.

Liberty events for single Sailors

Liberty Program-for single, unaccompanied military personnel. Sign up for all Liberty trips at the MWR InfoCenter at 295-0434 or the Liberty Zone at 295-4727. Call the Liberty InfoLine at 295-4727 for upcoming movies, programs, etc.

N.Y.C. weekend, Friday through Sunday

\$50 cost includes hostel type lodging and transportation. Deadline to sign up is Wednesday at 4 p.m. Single Sailors only, unless there is space available after deadline.

October birthday celebration, Oct. 10

If your birthday is in October, come have free cake and ice cream in the Liberty Zone. Don't forget your ID to confirm your birthday.

Liberty Zone schedule for free movies
6:30 p.m. show time unless noted otherwise
(First movie at 4:30 p.m. is your choice)

Tonight	"Men in Black"
Tomorrow	"Pretty Woman"
Saturday	CLOSED
Sunday	"Mr. Deeds" (2:30 p.m.)
Monday	"Scorpion King"
Tuesday	"Charlotte Gray"
Wednesday	"Wind Talkers"
Oct. 10	"SW: Attack of the Clones"



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6 p.m. barracks movies

Oct. 9 - "Star Wars: Attack of the Clones" (Bldg. 61)
Oct. 16 - "Mr. Deeds" (Bldg. 60)
Oct. 23 - "Men in Black 2" (Bldg. 61)
Oct. 30 - "Jason X" (Bldg. 60)

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Coronary Artery Disease Reversal Program (CADRe)

COL Marina Vernalis of the Cardiology Services at Walter Reed Army Medical Center is conducting a research study looking at the effectiveness of a non-invasive coronary artery disease reversal (CADRe) program. The study will investigate intensive lifestyle changes in military health care beneficiaries with Coronary Artery Disease or those with risk factors for developing heart disease (such as high blood pressure, obesity, smoking, elevated cholesterol levels, sedentary lifestyle, diabetes, and family history of heart disease).

To find out how you can participate in this study, please contact:

Elaine Walizer, RN, MSN, Clinical Coordinator,
CADRe Program Office at:

202-782-1555 / 3395

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LORTON - exit 163 - min to Belvoir/Pentagon. 3 MI, 3 BR, 2.5 BA NS TH. Freshly painted, vy clean, 3rd flr mster ste w/garden tub, dbl wide shwr, w/closet. W/D. Gas heat, CAC. \$1350/mo incl water/trash/pool/clubhse. 2 res. pking. Avail immed. No pets. 703-615-8517. 703-567-2211

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018

Condos to Rent

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ANNAPOLIS - Fairwinds, 2 BR, 2 BA, Den, W/W, carpeting, utilities, heat included, pool, tennis, patio, \$1200/mo, references, deposit req, 410-263-4726

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023

Condos for Sale

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025

Mobile Homes for Sale

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032

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Announcements



Coronary Artery Disease Reversal Program (CADRe)

COL Marina Vernalis of the Cardiology Services at Walter Reed Army Medical Center is conducting a research study looking at the effectiveness of a non-invasive coronary artery disease reversal (CADRe) program. The study will investigate intensive lifestyle changes in military health care beneficiaries with Coronary Artery Disease or those with risk factors for developing heart disease (such as high blood pressure, obesity, smoking, elevated cholesterol levels, sedentary lifestyle, diabetes, and family history of heart disease).

To find out how you can participate in this study, please contact:

Elaine Walizer, RN, MSN, Clinical Coordinator,
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Are you a military woman, 18 years of age or older, active duty, retired, veteran, or reservist? Have you received a diagnosis of Post Traumatic Stress Disorder or think you might have symptoms? Are you a DoD health-care beneficiary?

The Deployment Health Clinical Center at Walter Reed Army Medical Center is seeking women with PTSD to participate in a research study where participants are randomly assigned to one of two types of individual psychotherapies for 10 weeks. Participants will undergo health assessments. The average participation time is 9 months. Your symptoms may be reduced or eliminated but it is not guaranteed. Please call Renee: 202-356-1086 or Phyllis: 202-356-1085 for more information. LTC Charles Engel, Jr., Principal Investigator and Chief, Deployment Health Clinical Center, Walter Reed Army Medical Center, Washington, D.C. 20307-5001.

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Announcements

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To find out how you can participate in this study, please contact:

Elaine Walizer, RN, MSN, Clinical Coordinator,
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Are you a military woman, 18 years of age or older, active duty, retired, veteran, or reservist? Have you received a diagnosis of Post Traumatic Stress Disorder or think you might have symptoms? Are you a DoD health-care beneficiary?

The Deployment Health Clinical Center at Walter Reed Army Medical Center is seeking women with PTSD to participate in a research study where participants are randomly assigned to one of two types of individual psychotherapies for 10 weeks. Participants will undergo health assessments. The average participation time is 9 months. Your symptoms may be reduced or eliminated but it is not guaranteed. Please call Renee: 202-356-1086 or Phyllis: 202-356-1085 for more information. LTC Charles Engel, Jr., Principal Investigator and Chief, Deployment Health Clinical Center, Walter Reed Army Medical Center, Washington, D.C. 20307-5001.

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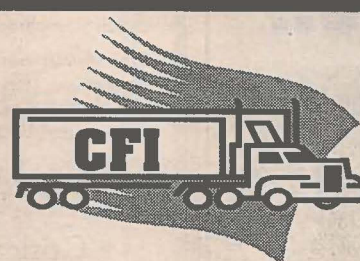
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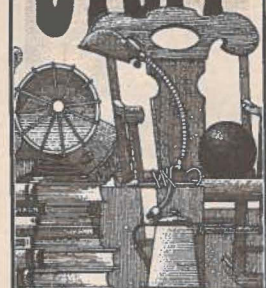
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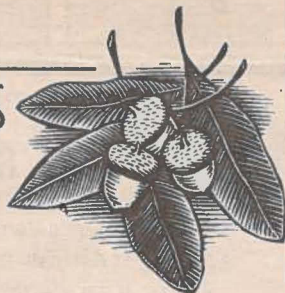


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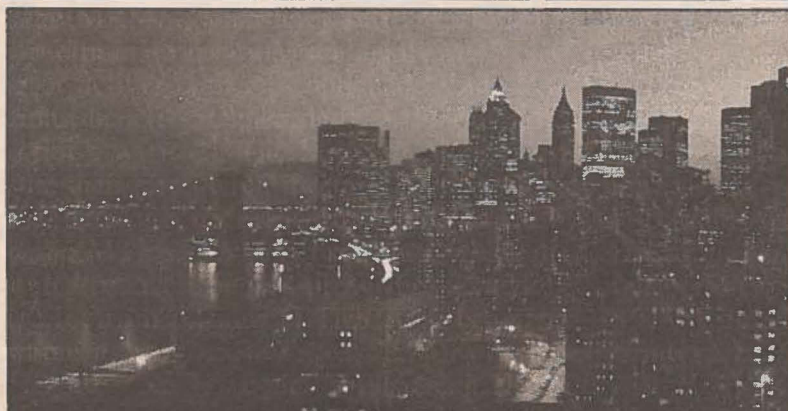
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Human Resources, 339 Hicks Street, Brooklyn, NY 11201
Fax 718-780-1199. Email: lgreen@chpnet.org

New York Eye and Ear Infirmary
Human Resources, 310 East 14th Street, New York, NY 10003. Fax 212-979-4074. Email: pmurray@nyee.edu

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- 3 yrs experience in program/specialization.
- Equivalency does apply.

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- Ability to implement large food scale production and service through supervision and training of inmate labor.

- Must possess both oral and written communications skills.

MINIMUM QUALIFICATIONS:

- 2-3 yrs of satisfactory experience in large scale institutional food preparation & service.
- Supervisor position requires at least 1 yr experience in correctional facility.
- Successful completion of High School, or a G.E.D. certificate program.
- Equivalency does not apply.

Selected applicant must successfully complete a comprehensive background investigation, psychological evaluation, and drug/alcohol screen prior to appointment.

TO APPLY: Employment applications are available at the Office of Human Resources, 101 Monroe Street, 7th Floor, Rockville, MD 20850, Montgomery County public libraries and Regional Service Centers. For more information, please visit www.montgomerycountymd.gov or call Hotline (240) 777-9759 or toll-free 1(866) 800-1305 or stop by our booth Oct. 9th at The Employment Guide job fair at the DC Convention Center. **Correctional Dietary Officer positions opened until filled. All other positions close on October 16, 2002.**

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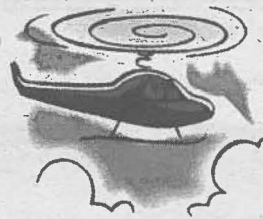
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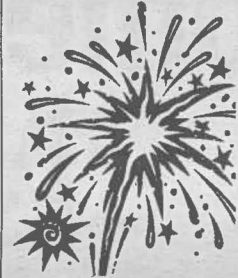
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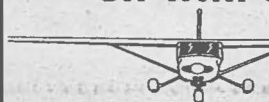
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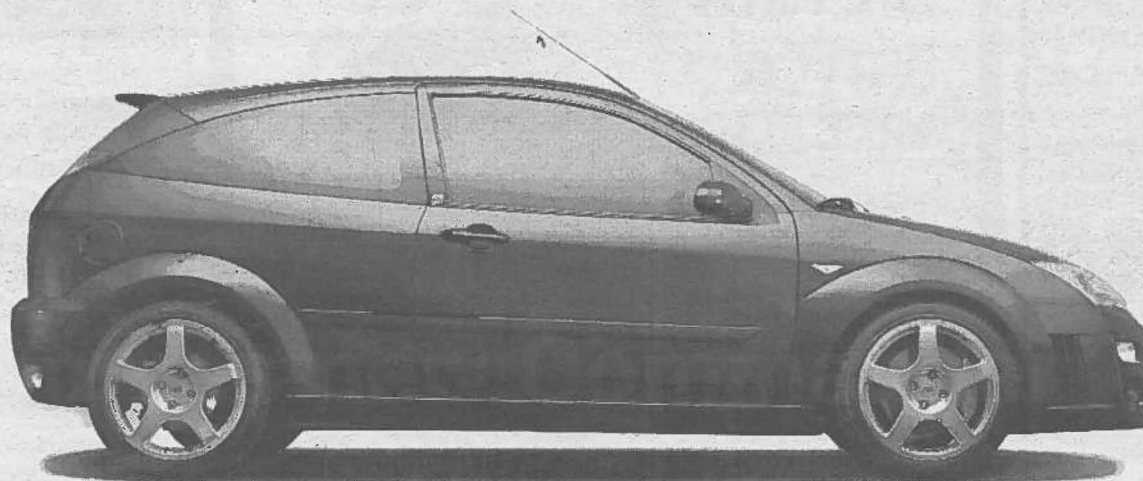
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